

## **Hopkinton Senior Recreation Council**

### **Minutes of meeting January 23, 2012**

#### **Approved**

**Members Present:** Joanne Woodward, Chair, Gloria Symonds, Judith Sanborn, Elaine Lambert, Jack Ward, June Garvin, and Jessica Bailey, Recreation Director.

**Members Absent:** Marilyn Bresaw

**Visitors Present:** Lillian Landry

**I. Call to order;** The meeting was called to order at 1:30 pm by Joanne Woodward.

#### **II. Review and Approval of Minutes of Meeting December 19, 2011.**

The members reviewed the minutes of this meeting, and no corrections were made. A motion was made and seconded that the minutes be approved as is, and were approved by a unanimous vote of all members present.

#### **III. Old Business:**

- 1) Repairs to the front porch wind screen are in progress.
- 2) Jessica is still waiting for a reply from a supplier for the volunteer name tags.
- 3) Flagpole replacement will be completed in the spring.
- 4) Posted guidelines are being established for kitchen and server help during our Wednesday lunches and any other major kitchen use for safety and efficiency. No more than 3 people should be cooking at one time, with a maximum of 8 in the kitchen at one time. Anyone handling food should wear gloves, and hair must be pulled back, braided, or covered.
- 5) Suggestions for improving attendance for after lunch programs: Put flyer reminder on each table at lunch, and post on hallway doors, announce at earlier lunches, post on message board.
- 6) Storage for exercise equipment appears adequate. There will be no hanging up of mats, and no increased storage for larger equipment, such as rubber "balls".
- 7) Cleaning out and proper storage of decorating material will be delayed until a spring cleaning of the barn. At that time heavy duty storage units should be considered for seasonal decorations.

#### **IV. New Business:**

- 1) June Garvin volunteered to head up a committee for keeping the dining room and kitchen neat. Persons assigned to cover the desk should maintain order and clean the living room area.
- 2) Lillian Landry provided sample Slusser jackets and vests. Jessica said they could be provided for volunteers, and/or sold to the general public as a money maker. No selection or decisions were made at this time.
- 3) On two-hour school weather delays, the Slusser center will open at 10:00 am.
- 4) Jessica said there will be a volunteer's meeting scheduled in February to discuss the various volunteer duties,
- 5) On February 9<sup>th</sup> at 1:30 pm Justin and Patrice Lavigne will present a program on their recent Appalachian Trail adventure. It will be repeated at 6:30 pm in the library.
- 6) On February 11<sup>th</sup> the Recreation Department will be hosting a "Winter Festival" which will include: snowball throwing contest, snow carving, snowshoeing, scavenger hunt, bonfire and hot chocalet.
- 7) The kitchen stove, refrigerator, and freezer have been serviced and repairs made. Oven temperature has been regulated and freezer filter cleaned. It was suggested that maybe the kitchen should be periodically professionally cleaned. Jessica will check with Garrett for cleaners for the stove.

#### **V. Program Discussion:**

Jessica presented a new fitness testing program: Tom Walton, who has a physical education degree, and has been very active in the health field, would like to set up senior fitness tests at Slusser. There would be a series of seven simple but timed tests. These would be compared for each individual (male/female) by age group to the national norm. They could become the basis for the design of new exercise programs. Participants would get tested periodically to review progress. Plans to establish this program, with adequate publicity, are being considered.

#### **VI. Citizen's Forum:** Nothing to Report

There being no further business, it was moved and seconded that the meeting be adjourned. It was adjourned at 2:30 pm by unanimous vote of all the members present.

The next meeting of the Senior Recreation Council is scheduled for Monday, February 27, 2012 at 1:30 pm at the Slusser Senior Center.

Respectfully Submitted,

Jack Ward  
Secretary

Minutes approved on February 27, 2012.

